

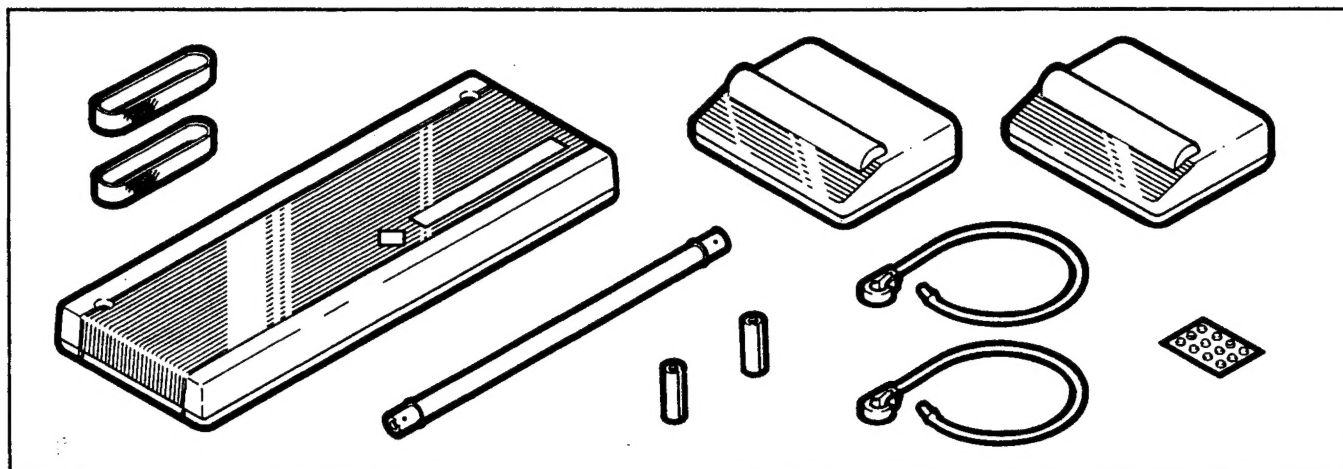
# **weider** **STEPSHAPER™**

Model No. WE000130

## ◆ **BEFORE YOU BEGIN**

Congratulations for selecting the WEIDER STEPSHAPER! The STEPSHAPER combines step training with over 30 strength and toning exercises to let you enjoy one of the best low-impact cross-training workouts available.

For your safety and benefit, read this manual carefully before using the STEPSHAPER. Save this manual for future reference. If you have questions, please contact the dealer where you purchased the STEPSHAPER.



## ◆ **IMPORTANT SAFETY PRECAUTIONS**

1. Read all instructions in this manual before using the STEPSHAPER. Use the STEPSHAPER only as described in this manual and in the accompanying instructional materials. Misuse or abuse of the STEPSHAPER may cause serious injuries. The STEPSHAPER is intended for use by only one (1) user at a time.
2. Inspect the STEPSHAPER before each use and replace any worn, defective or missing parts before using. Energy bands that are worn or that have nicks, cuts, abrasions or other defects should be discarded and replaced immediately. Replace the energy bands at least yearly.
3. Always place the STEPSHAPER on a level surface when using. Keep all objects away that could interfere with, or represent a hazard to, the user.
4. Make sure that the surface of the STEPSHAPER is clean and dry when using; a soiled or wet surface may cause the user to lose his or her footing and fall.
5. When performing exercises such as the bench press, grip the press bar firmly with your hands. Releasing the press bar while the energy bands are stretched may cause serious injuries.

**WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained by or through the use of the STEPSHAPER.

# ◆ ATTACHING THE ACCESSORIES

## RUBBER PADS

Before using the STEPSHAPER, the 12 protective rubber pads should be attached. Press a rubber pad into the recess in each corner of the platform and the power risers. (See fig. 1)

## ENERGY BANDS

The energy bands provide resistance when exercising. To attach the energy bands to the platform, first turn the platform upside-down. There are 12 stop positions on the bottom of the platform where the bands can be attached—6 at the front and 6 at the back. The farther under the platform the bands are attached, the shorter the bands will be and the greater the resistance will be. The user's height and the exercise to be performed should dictate which stop position to use. Use the stop position that is most comfortable. To attach a band, press the bead at the end of the band firmly into the desired stop. Press the remaining portion of the band into the groove in the platform, until the band exits the platform. **WARNING:** The bead and band must be flush with the bottom of the platform, or the band could snap out when stretched. Do not attach the bands at diagonally opposite corners of the platform. (See fig. 2)

## PRESS BAR

Depress the locking springs at the ends of the press bar. Slide the energy band hooks onto the bar, until the locking springs secure the hooks in place. To remove the energy bands from the bar, depress the locking springs and slide off the hooks. (See fig. 3)

For some exercises, the press bar can also be used as a support, by inserting it into one of the holes in the top of the platform.

## TONING STRAPS AND HANDGRIPS

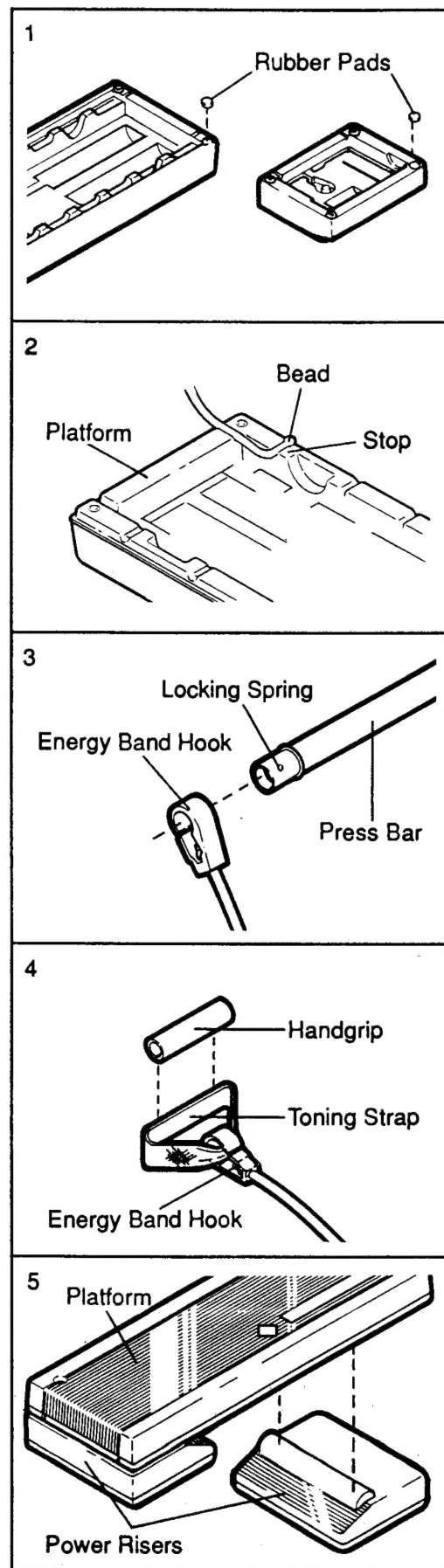
Slide the toning straps into the energy band hooks. Make sure that the toning straps are completely inside of the hooks, or the toning straps could slip out during use. (See fig. 4)

To add the handgrips, slide the toning straps through the slits in the handgrips. Make sure that the toning straps are completely inside of the handgrips, or the handgrips could slip off. (See fig. 4)

## POWER RISERS

The power risers are designed to interlock with the platform and with each other. To attach the power risers to the ends of the platform, place the power risers with the angled sides toward each other. Set the platform on top of the power risers, and move the power risers apart until they interlock with the platform. (See fig. 5)

The power risers can also be stacked and attached to one end of the platform. This provides an inclined bench necessary for some exercises. **WARNING:** Always make sure that the platform and the power risers are properly interlocked before exercising.



# ◆ EXERCISE GUIDELINES

## GENERAL TIPS

Go slowly, especially in the beginning. Exercise with smooth, rhythmic movements. Always maintain proper posture: keep your back straight, head and chest up, shoulders back, and abdomen and buttocks tight. Exercise both legs equally, and do both upper- and lower-body exercises. For great body shaping results, increasing the number of repetitions is more beneficial than increasing resistance. As you exercise, breathe deeply and regularly—never hold your breath.

Grip the press bar and handgrips firmly with your hands, or make sure that your feet are inserted fully into the toning straps; never put only the toe portion of your feet into the straps, or they may slip. Wear clothing that allows a wide range of motion. Always wear good quality shoes which are designed for aerobic exercise.

## BASIC STEPPING

Keep your eyes on the platform to assure proper foot placement. Concentrate on the basic foot patterns—arm work and more complicated patterns will come with practice. Consider your alignment and technique. Step up onto the platform lightly, making sure that your whole foot lands on the platform, with your heel bearing your weight. At the top of the movement, straighten your legs, but do not lock your knees. As you step down from the platform, stay close to the platform. Land on the ball of your foot, and then bring your heel down onto the floor.

If you tire, step off the platform or lower the height, but do not stop. Keep marching in place on the floor to maintain your goal heart rate.

# ◆ MAINTENANCE AND STORAGE

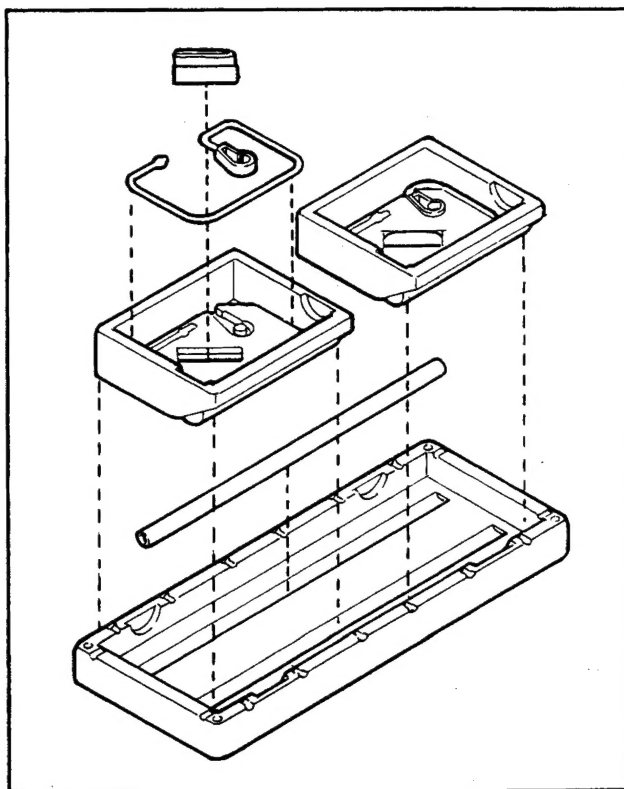
Clean the STEPSHAPER periodically using a damp cloth and mild, non-abrasive detergent; never use solvents or harsh detergents. Inspect and energy bands frequently. Look for nicks, cuts, abrasions or worn spots. If any defects are discovered, replace the energy bands immediately (see ORDERING REPLACEMENT PARTS). Keep the energy bands away from excessive heat and cold, and from open flames.

## STORING THE STEPSHAPER

The STEPSHAPER is designed so that all accessories can be stored conveniently inside the platform. Before storing the STEPSHAPER, disassemble all accessories.

Turn the power risers upside-down. Press the energy bands into the grooves in the power risers. Press the energy band hooks into the molded bowls. Insert the handgrips and toning straps into the slots provided.

Turn the platform upside-down. Fit the press bar into the long slot in the platform. Place the two power risers side-by-side inside the platform.



## ◆ ORDERING REPLACEMENT PARTS

To order replacement parts, contact the dealer where you purchased the STEPSHAPER. Please mention the product model number when calling; the product model number is WE000130. See the illustration below to find the description of the part(s) needed.

KEY NO.	QTY.	DESCRIPTION
1	1	Platform
2	2	Power Riser
3	1	Press Bar
4	12	Rubber Pad
5	2	Handgrip
6	2	Energy Band
7	2	Toning Strap
8	1	Locking Spring
#	1	Videocassette
#	1	Owner's Manual

# non-illustrated part

Note: Specifications are subject to change without notice.

For warranty information, please contact the dealer where you purchased the STEPSHAPER.

**Weider Health and Fitness, Inc., 21100 Erwin Street, Woodland Hills, CA 91367 USA**

Part No. 111410 10/92 © 1992 Weider Health and Fitness, Inc. Printed in USA